



DET NSW School Sports Unit

Basketball

The following rules should be applied when organising a game. Full FIBA rules apply to game situations and are available from the www.fiba.com website.

THE TEAM

A team of five players with up to 5 substitutes is required.

EQUIPMENT

The size of the ball used will vary with the gender of the players (boys over 12 - size 7, secondary girls of all ages - size 6).

THE GAME

1. The game consists of 2 x 20 minute halves or 4 x 10 minute quarters.
2. The game is started with a “jump ball” in the centre circle where the referee tosses a ball between two players to a height above both players’ heads.
3. The ball is tapped to a player outside the circle and must be touched by another team member before either of the “jumpers” can catch the ball.
4. A field goal scores two points. A field goal beyond the three point line scores three points. A free throw scores one point.
After a goal has been scored the opposing team begins play by throwing the ball in from behind the baseline.
5. Other than the “jump ball” to start the game all other “jump balls” situations are resolved by alternating possession between the two teams. A possession arrow on the score bench will indicate which team is due for possession.
6. When a ball goes out of bounds the opposing team throws it back into play from the point outside the court where the ball crossed the line.

INFRINGEMENTS

1. **3 seconds:** While one team has possession of the ball no member of that team is allowed in their key for longer than 3 seconds. Every shot at goal is the start of a new 3 second count.
2. **Playing the ball:** the ball cannot be kicked or punched, but may be rolled, tapped, hit, bounced or passed.
3. **Travel:** On catching the ball or at the end of a dribble a player must stop in one stride. Pivoting on the first grounded foot is allowed.
4. **Dribbling:** A player must bounce the ball once for each step taken. Bouncing the ball with two hands or starting a second dribble once the ball has been held is called **DOUBLE DRIBBLE**.
*** Any infringement of these rules results in a free pass to the opposing team at the closest point outside the court.
5. **Fouls** can be caused by players with or without the ball. Common contact fouls are – pushing, blocking or holding.
Fouls against players in field play result in a free pass to the opposition from the sideline adjacent to the infringement.
Fouls against players who are shooting (but fail to score) result in *two free throws* from the free throw line. If the field shot is successful, *one free throw* is given.
After five fouls of any kind for one player the player must leave the court for the rest of the game.
*** Incidental and accidental contact which does not affect play can often be ignored provided that safe play is maintained and undue roughness is penalised.

6. Once the ball has been taken over the **half way** line by the attacking team it can only be touched back into the defensive half by the defending team. If the attacking team infracts this rule possession is given to the opposition at half way. Attacking teams have 8 seconds to move the ball out of the defensive half.

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